

Iowa/USA Wrestling

Kids/Cadet/Junior Freestyle & Greco State Championship



May 4th- 5th, 2019 – SE Polk High School

REGISTRATION

To register go to www.trackwrestling.com

All registrations must be completed by Thursday, May 2nd at 11:59pm – **NO WALK INS!!**

Registration fee is \$25 for each style

Schedule of Events:

Saturday, May 4th – Freestyle Tournament

7:00-7:30am – weigh-ins for Jr, 12U, 10U, 8U

9:00am – wrestling starts for Jr, 12U, 10U, 8U

8:00-8:30am – weigh-ins for 16U and 14U

11:30am – wrestling starts for 16U and 14U

Freestyle weigh-ins count for Greco weigh-ins

Sunday, May 5th – Greco Tournament

7:00-7:30am – weigh-ins for Jr, 12U, 10U, 8U

9:00am – wrestling starts for Jr, 12U, 10U, 8U

8:00-8:30am – weigh-ins for 16U and 14U

11:30am – wrestling starts for 16U and 14U

Age Divisions and Weight Classes:

8U (Born 2011-2012)

43, 45, 49, 53, 56, 62, 70, 85

10U (Born 2009-2010)

49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120

12U (Born 2007-2008)

58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160

14U (Born 2005-2006)

71, 77, 83, 87, 90, 97, 102, 106, 110, 114, 119, 125,
130, 136, 149, 165, 187, 250

16U (Born 2003-2004)

88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160,
170, 182, 195, 220, 285

JR (Born 9/1/1999 and after plus enrolled in grades 9-12)

100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170,
182, 195, 220, 285

Awards

Medals to the top 3 place winners in each bracket

Eligibility

Must be an Iowa resident with a current USA wrestling Full Athlete General or High Performance membership. To purchase your membership, go to www.themat.com and click on membership, purchase membership.

National Teams

16U weight class champions at state will have first chance to represent Team Iowa at the 16U National Dual Championships in Spokane, WA June 10-15th. Questions about this contact 16U Director, Keith Donnelly 319-361-6419

16U and JR wrestlers who place in the top 3 in their weight class at state qualify for 16U and JR Freestyle/Greco National Championships at the Fargo Dome in Fargo, ND July 12th-19th, 2019. A \$200 deposit will be required at state to hold your spot on this team. Questions about this contact 16U Director, Keith Donnelly 319-361-6419 or JR Director, Brent Jennings 641-330-4196

The Jr Director, 16U Director and 14U Director will all be at state to answer questions and sign wrestlers up for national teams who have qualified.

State Tournament Questions

Tournament Host – Jason Christenson – Jason.christenson@southeastpolk.org

Tournament Administrator – Mark Reiland – iowausachair@gmail.com



IOWA

IOWA USA 2019

GIRL'S FREESTYLE STATE CHAMPIONSHIP

Tournament Details

Date: Sunday, May 5, 2019; Weighins 7-7:30, Wrestle at 9am

Girl's Divisions: weight classes determined after weighins;

Intermediate 2010-2012, Novice 2007-2009,

Middle School 2004-2006 (grades 6-8), High School grades 9-12

AWARDS to top 3 placewinners in each bracket.

Eligibility

Must have a current USA Wrestling Full Athlete General or High Performance Athlete membership to participate. To purchase your athlete membership go to www.usawmembership.com

IA/USA WRESTLING NATIONAL TEAM----

The US Marines Cadet/Junior Freestyle & Greco National Championships will be held at the Fargodome in Fargo, ND on July 12th-19th, 2019. Iowa female freestyle state tournament participants may qualify for the Iowa Cadet/Junior Women's National Team. **To reserve a spot on the team and receive fundraising raffle tickets a \$200 deposit is required by May 5th.**



COMPETITION LEVELS:
K-12 BEGINNER TO
EXPERIENCED FREESTYLE

16U (2003-2004) &
JUNIOR (GRADES 9-12)
NATIONAL TEAM QUALIFIER
ADDITIONAL TEAM
REQUIREMENTS APPLY
(ALTERNATE QUALIFYING EVENT
NORTHERN PLAINS REGIONALS
BY PRIOR ARRANGEMENT)

SOUTHEAST POLK HS
7945 NE UNIVERSITY AVE
PLEASANT HILL, IA

ONLINE REGISTRATION
BY 5/2/19 11:59PM
TRACKWRESTLING.COM

COACHES/OFFICIALS
2019 USA MEMBERS WITH
BRONZE/COPPER
CERTIFICATION GET FREE
GATE ADMISSION

MORE INFORMATION
www.iowawrestling.org

Contact Women's Director
Charlotte Bailey at
iausawomensdirector@gmail.com